



**It's a kick to play with your kids.**

*Don't just send your kids to the park to play — join them!*

# July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6 <i>Example: The kids on the block played a fun soccer game against the parents.</i>	7	8	9	10	11 <i>Independence Day</i>	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Did you know it's...

- National Therapeutic Recreation Week – June 9-16

## Achievement Ideas

1. **Veggie of the month — Eggplant.** Try eggplant in a fun and healthy recipe this month.
2. Put on your favorite music (or your child's) and dance together once a week for 15 minutes.
3. Go swimming in a pool or lake. If you can't swim, use a life jacket and kick your legs. Try it at least once this month.
4. *What's your idea?* \_\_\_\_\_

Total number of achievements this month: \_\_\_\_\_



## Meal Tips

### Breakfast

Make egg-white omelets with fresh veggies.

### Lunch

Pile on the veggies.

### Dinner

Use herbs, spices, and lemon or lime juice instead of salt to season meat and vegetables.

### Simple Snack

Yogurt pops — Freeze squeezable yogurt for a quick, creamy popsicle.



## Activities

- Geocaching
- Soccer
- Trampoline
- Horseshoes
- Softball
- Walking

## Fun Fact

Up to 60% of the human body is water. Each day you must replace more than 5 pints of water.



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